

THE CLIPPER

NRMC

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NAVAL REGIONAL MEDICAL CENTER

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VOL. 13 NUM. 1

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A MAN OF PEACE

Perhaps no person, aside from Mahatma Ghandi of India, has been more of a symbol of non-violence than the man whose birthday is celebrated on January 15 - Dr. Martin Luther King Jr.

During the demonstration in Montgomery, Ala., in December of 1955, when the marchers were harassed by the authorities, King said, "In spite of the mistreatment that we have confronted, we must not become bitter and end up hating our white brothers. As Booker T. Washington said, "Let no man pull you down so low as to make you hate him."

Dr. King's leadership of the nonviolent movement began in Montgomery. Like many movements the protests in that Southern City resulted from a seemingly insignificant episode. Rosa Parks, a black secretary, seated herself in the front of a Montgomery bus one winter morning, a part of the bus where blacks were forbidden to ride. Martin Luther King said later of the action that Rosa Parks had been "tracked down by the Zeitgeist-the spirit of the times."

Miss Park's reason was a bit more prosaic: "I dont know why I wouldn't move....I was just tired from shopping. My feet hurt."

Nonviolence as a strategy began in this Nation long before Ghandi utilized it so effectively in India. Abolitionist William Lloyd Garrison, used it in the years before the Civil War, holding that "The history of mankind is drowned with evidences proving that physical coercion is not adapted to moral regeneration; that the sinful disposition of man can be subdued only by love; that evil can be exterminated from the earth only by goodness."

As the boycott in Montgomery wore on, King and his wife made a pilgrimage to India where he became even more dedicated to the cause of non-violence. It was the struggle in Montgomery, however, that crystalized King's thinking. The experience, he said, "did more to clarify my thinking on the question of non-violence than all the books that I have read."

In accepting the Nobel Prize for Peace in 1964, Dr. King gave a formula that might well be followed by the world today.

"The presentation of this award," he said, "also brings with it a demand for deepening one's commitment to nonviolence as a philosophy of life and reminds us that we have only begun to explore the powerful spiritual and moral resources which are possible through this way of life. We are also challenged to face the international implications of nonviolence for we know that there can be no justice in our society unless there is peace in the world."

Philip R. Smith Jr

CAPTAIN C.W. BRAMLETT, MC, USN.....COMMANDING OFFICER
CAPTAIN R.H. MEADERS, MC, USN.....DIR., CLINICAL SERVICES
COMMANDER B.L. STEPHENS, MSC, USN.....DIR., ADMINISTRATIVE SERVICES

DUPLICATED MONTHLY ON GOVERNMENT EQUIPMENT WITH NON-APPROPRIATED FUNDS AND IN COMPLIANCE WITH NAVEXOS P-35 REV. JULY 1958. DISTRIBUTED FREE OF CHARGE TO PERSONNEL OF THE NAVAL REGIONAL MEDICAL CENTER MEMPHIS, MILLINGTON, TENNESSEE, THE CLIPPER SOLICITS ITEMS FROM ITS READERS. OPINIONS EXPRESSED BY THE WRITERS HEREIN ARE THEIR OWN AND ARE NOT TO BE CONSIDERED AS OFFICIAL EXPRESSION BY THE DEPARTMENT OF THE NAVY.

LT J.W. SHEPHERD, MSC USN.....EDITOR-IN-CHIEF
HN LARRY H. LAWSON.....EDITOR
HM3 GLEN RENKEN.....ART EDITOR



DEAD

RECKONING

from the

♣ Editor ♣

As the New Year rolls in, we must bid fare-thee-well to our former editor and good friend, HM2 Dawn Lawing. Although our working days together have been few, by reading her past editions of "The Clipper", one must praise her for a job well done. Her dedication and perseverance must be commended, and as she departs NRMC and the USN, we wish her only success and good luck throughout her career.

When one takes on a new job and new responsibilities, experienced or not, he will make mistakes. I'm sure as I take the task of editing "The Clipper", I will be faced with things I do not fully understand. I hope you the reader, will bear with me as I learn, and hopefully grow more proficient. In turn I will promise you a steady progression of quality and informative material.

We would also like to welcome HM3 Glen Renken to our staff. Glen will be serving as Art Editor for "The Clipper", and also as Hospital Illustrator. Welcome aboard Glen.

Larry H. Lawson

We've been together for a long time, you and I. For four long sometimes tedious years, you've been a part of my ups and downs; you were always there.

You've taken me places most people have never even thought of going. Remember when you took me to Keflavik in '75? I'll never forget the friends you introduced me to nor the snow storms we plowed through. It's a wonder we made it this far.

From the snow-laddened land, you brought me to the ice-covered city of Memphis. Although the Southern Summers can't compare with the ones in Iceland, this fair skinned Yankee years for the cooler summer days of the North.

We've met many good people during our time together; many will remain in my thoughts for years to come. Memories of better times will go with me; the dissappointments will fade in time.

As I prepare to go, I would like to leave you with this thought to pass on to those who will come and those presently in your association: I truly hope that they will see the good in you and make the best of their time with you. Although unrealizing at present, they will gain wisdom and maturity through their experiences with you. Maybe someday they'll look back at the good times they had and say to themselves and others; it wasn't that bad!

To you dear Navy; Fair Winds and Following Seas.

Dawn Lawing

Did you make a New Year's resolution? If you did and you have the same human failings that most of us have, it probably has already been overlooked or dropped entirely.

But hold on there! Let's take a look at another approach. Instead of making a resolution for New Year's how about setting a goal for '79? Is there a difference? You can bet on it. The distinction lies between a decision to act now, with the expectation of an immediate change in your life or striving to accomplish something over the long haul. Both are admirable, but chances for success are greater with goal-setting.

Once again it's time for semi-annual enlisted evaluations. These are in-depth summerizations of the interim and quarterly evaluations written for Nursing Service Personnel over the last six months. Consequently, no surprise evaluations. Remember to date each at the time you sign it.

A statistical survey for 1978 demonstrates that 43.8% of enlisted personnel have been on Nursing Service for an average of 21.4 months. Personnel who were dropped from Nursing Service during 1978 because of PCS moves, RAD or re-assignment elsewhere within the command had remained on Nursing Service 16.7 months

Food for thought: Thomas A. Edison said, "Genius is one percent inspiration and ninety-nine percent perspiration".

Happy New Year!

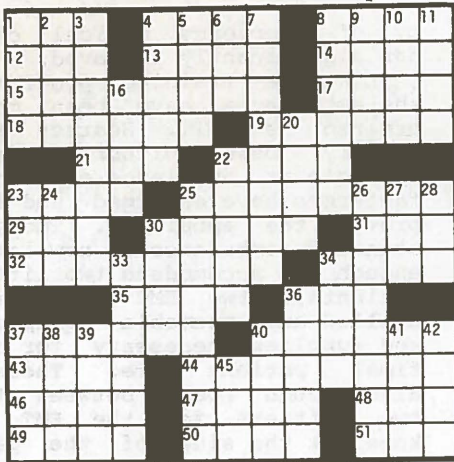
CDR HANFS

Wisdom

*We must be silent before we can listen;
We must listen before we can learn;
We must learn before we can prepare;
We must prepare before we can serve;
We must serve before we can lead.*

—William A. Ward





Crossword 6

ANSWERS ON FOLLOWING PAGE

ACROSS

1. Still
4. Wool-eater
8. Cut open
12. Nabokov novel
13. Dies —
14. Roman tyrant
15. Debating term
17. John, in Russia
18. Fleshy fruits
19. Shifting
21. Malay gibbon
22. Slave of old
23. Alack!
25. Ornamental shrub
29. Period
30. Rosters
31. — Onassis
32. Example
34. Egg-shaped
35. Stove part
36. Before (pref.)
37. Made a point
40. — of the Apes
43. Soreness
44. Native Hawaiian or Bahamian
46. Gaelic
47. Nautical shout
48. Sooner than
49. Hart
50. Snares
51. *Catcher in the —*

DOWN

1. Three feet
2. River in Germany
3. Add up
4. Bishop's crown
5. Morsels
6. Chinese pagoda
7. Steersman
8. Whine
9. Son of Jacob
10. Persia
11. Chinese secret society
16. Tree of Java
20. Single units
22. Devoured
23. Commer- cials
24. Cut off
25. Hope or Berle, e.g.
26. — *Blue*
27. Author Levin
28. Suffer
30. Tear apart
33. Trap
34. Algerian port
36. Dramas
37. Hurried
38. Tend to (var.)
39. French river
40. Conspiracy
41. Weird
42. Ash or oak
45. That woman

MAIL

HM2 Connie J. Whitlock NARMC PNCLA
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 HN Cathie R. Battenfield NHCS San Diego
 HA John P. Maxson NHCS San Diego
 HR Calvin M. Miller NHCS San Diego
 HA Deborah A. Sloan NHCS GLAKES
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 HM3 Gary L. Baker NRMCM Portsmouth
 HM3 Cornell O. Randle Portsmouth, VA
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 HM3 Penny A. Holly DISCH
 HM3 Richard D. Gipson RAD
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 HM3 Wesley E. Hayes RAD
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 HM3 Mark E. Dunn RAD
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 HA Nathaniel R. Mayoza DISCH
 HM3 Embry C. Bosley NATTCMEM
 HM3 John M. Allison USS MERRILL

LT James L. Norman NAVREGMEDCEN SAN DIEGO
 LCDR Walter F. Benedict NRMCM Naraqansett Bay, RI

EMS

a history of...

PROGRESS

Since the first motor-driven ambulance was introduced in 1906 the quality of emergency medical care has been a major concern for those involved in Medicine. In early years, the lack of proper equipment and the deficiency in training emergency medical personnel resulted in the deaths of many. However, in recent years major changes were instituted, upgrading the quality of emergency medical care.

Until recently, hearses were the main vehicle utilized as ambulances for they allowed the patient to be placed in a recumbent position. Needless to say, they afforded little or no room for either the attendant to provide efficient care or for life-sustaining equipment to be stowed in the ambulance. Even if one could have obtained first aid in those cramped quarters, the quality of the care could not be guaranteed. Neither driver nor attendant had any formal emergency first aid training.

As a matter of fact, it was not until 1964 that the first formal training program was established. That year, Samuel Banks, M.D., then chairman of the Committee of Injuries of the American Academy of Orthopaedic Surgeons, began a series of 3-day concentrated courses for training emergency medical personnel. Today these courses are held throughout the United States; however, they have been extended to 81 hours or more. Graduating students are granted certification after successfully completing a written and practical examination. On the basic level, certification must be renewed annually.

In 1967, the Committee of Injuries saw a need for a standard educational reference for training those engaged in emergency medical care. So Medicine and it's allied services joined efforts to come up with a text.

Four years later, their project was complete when Emergency Care and Transportation of the Sick and Injured was first published. Since then, the quali-



The EMT's here at NRMCM get some instruction on how to remove an injured victim from an auto.



Immobilizing the neck before extracatin the victim, can be a very important procedure in administering emergency treatment.



Anna lunke, simulates a victim and allows classmates to gain some valuable experience.

ty of emergency medical care has significantly improved.

Like the training programs, the ambulances have been modernized as well. Hearses are rapidly being withdrawn from the role as ambulance as manufacturers have enlarged and improved the ambulance. Today's standard ambulance is now large enough to accomodate two litter patients, two EMT's and installed and portable equipment and supplies necessary for optimal patient care. There's also enough room between the two litters for the EMT to kneel at the side of the patient to perform external cardiac compression. No longer is the patient lifted inside and left alone until a medical facility is reached.

Here at NRMCM Memphis, like many other Naval Medical Facilities, the Nursing Education Office offers a two week course in Emergency Medical Care. The students upon graduation are then transferred to EMS, either at the Branch Clinic or at the Center.

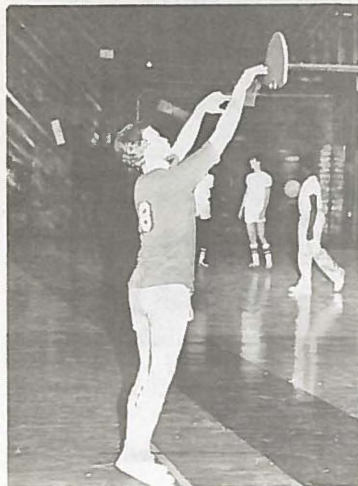
Throughtout these two weeks, the students learn how to asses, diagnose, and treat various conditions one might encounter in an emergency situation. They learn how to extricate victims from wrecks, apply the long and short back boards, and the fundamentals in communicating with the Hospital while enroute to or from the scene of an accident. The Navy's training of EMT's is comparable to civilian training programs if not more extensive in some areas.

All in all, whether military or civilian, the training of EMT's has only one objective - to upgrade the quality of emergency medical care and to continue improving the quality not only of the technicians, but; also the equipment.

ANSWERS

YET	MOTH	SLIT
ADA	IRAE	NERO
REBUTTAL	IVAN	
DRUPES	MOVING	
LAR	ESNE	
ALAS	CAMELLIA	
DOT	ROTAS	ARI
SPECIMEN	OVAL	
OVEN	PRE	
SCORED	PLANET	
PAIN	ISLANDER	
ERSE	AHOY	ERE
DEER	NETS	RYE

SPORTS



Jordan practices his shooting, or is it his new modern dance step he's brushing up on? You be the judge.

BASKETBALL

NRMC, coming from a league championship last season, started out the year as expected, with an easy victory over AV school, thereby handing them their second straight loss. NRMC outscoring and total dominance of the boards led to a final lopsided score of 45 to 15. With this victory coupled with the BYE win received on Tuesday, they are now boasting a perfect record of 2 wins and no losses.

With Dental and MARTD having similar records, the official standings will put our NRMC team in second place, due to point spread.

Dental is combining forces with the dispensary this year to try and finish what they could not do last year. Behind the strong rebounding and high scoring of two very convincing players, Mitchell and McCutcheon, they were able to post their first win of the season also, by soundly whipping an outmatched and in-experienced Supply team by a whopping score of 62 to 25. It's still too early in the season to predict a season champ, but I will go out on a limb and put Dental and NRMC competing for the championship, with NRMC prevailing in the end.

L. Lawson

STANDINGS

	W	L	PF	PA
DENTAL	2	0	62	25
NRMC	2	0	45	15
MARTD	2	0	70	52
AV SCHOOL	0	2	38	77
SUPPLY	0	2	49	100



"Doc" McChristian goes up for the ball, but not without a little pressure from Dental's number eleven.



Bo Brown, high scorer and excellent rebounder, puts in two for NRMC, while number 13, Mullis, looks on.

BOWLING UPDATE

78-79 MEDICAL INTRAMURAL

FIRST HALF STATISTICS

TEAM	WON	LOST
#4 PHARMERS	42½	13½
#1 MSC's	36½	19½
#7 CHECKERS	36	20
#3 EBONY	30	26
#2	25½	30½
#5 WGAS	21½	34½
#6	16	40
#8 PHINO's	14	42

SECOND HALF BEGINNINGS

TEAM	WON	LOST
#3 EBONY	04	00
#1 MSC's	03	01
#8 PHINO's	03	01
#5 WGAS	03	01
#7 CHECKERS	01	03
#2	01	03
#6	01	03
#4 PHARMERS	00	04

HI AVE: S. MALISZEWSKI	167
HI SFR: S. MALISZEWSKI	589
HI GAM: S. MALISZEWSKI	225
HI SER HDCP: D. ROLAND	636
HI GAM HDCP: D. ROLAND	246

SOP

PHYSICAL EVALUATION BOARD



"ONE...TWO...ONE...TWO...."



LOOSE US... PEDIATRICS CLINIC

In case you've been searching for the Pediatric Clinic, you might check up on Ward 4-West. Due to an increase in staff and limited space in the Family Practice Clinic area, PEDS was moved upstairs in December.

Now boasting three pediatricians; Dr. Ivancic, Chief of Pediatrics; Dr. Patterson and Dr. Novak. The Clinic averages about 48 Patients a day ranging from infants to 18 year old dependent children. It's been slow since the move; however, they have the capabilities to see 60 Patients a day. The Doctors are assisted by HN Gerry Scott who replaced HM3 Randy Worrell due to his being transferred to San Diego to enroll in Dermatology School.

Regardless of their health problems, the wee folk require special care and attention which they receive from our competent staff. The new location of the clinic affords some of this special treatment by allowing a more relaxed atmosphere for the little ones. It also reduces the possibility of contamination as they are more susceptible to diseases during their growing years. The move also expanded the Doctors working area by providing office space for each; space they didn't have in FPC.

Although they have moved, the procedures for making appointments and checking in have remained the same. To make an appointment, call the appointment desk at 872-5011. For acute appointments call, 872-5948. Fifteen minutes prior to the appointment, pick up your child's record either in the out-patient Department or in the check-in area by the Primary Care Clinic. After weighing in, take the West elevators up to the fourth floor and check in with HN Scott. Now you can enjoy the peace and quiet of little children's voices.



Dr. Ivancic, shown here, says: "I am very pleased with the new Clinic, mainly because of added space and quieter surroundings."



Dr. Patterson examines one of the 40 plus, patients seen each day in the new Peds. Clinic.



Baby says; "Ooooh..., I like the way she does that." Dr. Novak is equally pleased with the new move upstairs.



The little children are kept at ease because there is plenty of carpet space for them to crawl around on.



"I figured we were leaving all this behind"

38 ADVANCED



Thirty seven enlisted members and one officer have recently been advanced. They are:

To LCDR: G.W. Dumais
To HMCS: E. Robinson
To HM1: J. Shadden
To HM2: S. Weller
To HM3: R. Booe, R. Cast, R. Durham, N. Fournier, M. Hutchins, J. King, T. Lichwa, J. Lombardo, B. McIlvried, E. Olivas, J. Palafox, G. Renken, T. Sonnenberg, J. Wein-garten, J. Willis.
To HN: J. Garrett, B. Jack-son, P. Payne, J. Plicher, J. Yade-via.
To HA: P. Fehrman, K. Wag-ner, J. Turner, L. Clayborn, F. Brown, T. Prescott, M. Thomas, A. Brown, J. Pilcher, J. Osborn.